



Trail Safety Tips

The AHET trail welcomes bicyclists, walkers, and runners of all ages and abilities. For everyone's safety, please follow these rules.

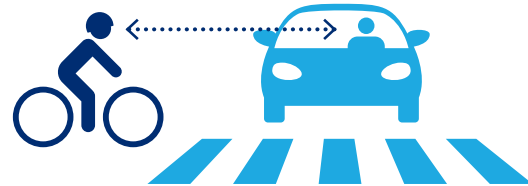
FOR EVERYBODY



Be Alert

Don't use devices that prevent you from hearing what's happening around you.

The AHET trail is open from dawn to dusk.



Stop at Trail/Road Crossings

Make eye contact with drivers and other trail users before proceeding.

Use the marked crosswalk.

BICYCLE SAFETY



Go Slow

When the trail is busy.

On your left :)



Alert Other Users

When passing.



Wear a Helmet

NYS law requires helmets for everyone under the age of 14.

ON-ROAD SECTIONS



Bicyclists:

Ride single file on the road shoulder, in the same direction as traffic.



Pedestrians:

Use sidewalks where available. When traveling on road shoulders, walk or run against traffic.